



OUTPATIENT MENTAL HEALTH SERVICES

Accompanying People of All Ages IN THEIR COMMUNITIES

Outpatient Mental Health Services include individual therapy, family therapy, and medication management for individuals ages 3 to 18 years old. Credentialed therapists utilize evidence-based practices, including Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Parent Child Interaction Therapy (PCIT) in working with individuals.

Our team of clinicians accompany members of the community through life's challenges. If an individual is struggling with emotional challenges, we are here to help.



- **Individual Therapy:** is available for children and adolescents who are experiencing difficulties with their emotions, behavior, or life circumstances.
- **Trauma-Focused Cognitive-Behavior Therapy (TF-CBT):** provided for children and adolescents who have experienced traumatic or upsetting life events such as physical or sexual abuse, neglect, grief, loss, or other traumas.
- **Family Therapy:** helps improve how family members interact and resolve conflicts together.

- **Play Therapy:** helps children express their thoughts, feelings, and behaviors through the use of play, games, art, and other child-friendly materials.
- **Parent Child Interaction Therapy (PCIT):** is an evidence-based family therapy designed for young children who exhibit "acting-out" behaviors.
- **Psychiatric Evaluation & Medication Management:** is available to currently enrolled outpatient clients with a board-certified child and adolescent psychiatrist.

To make a referral for Outpatient Services, please scan the QR code.





About Gemma Services

Our Vision

We envision a world where every person knows they matter.

Our Mission

Gemma accompanies people of all ages through life's challenges using individualized, data-informed support.

Our Values

Unlimited

WE THINK BIG

Nimble

WE ADAPT AS NEEDED

Inspired

WE ARE PASSIONATE ABOUT THE MISSION

Transparent

WE SEEK THE TRUTH TO LEARN

Effective

WE DO HARD THINGS WELL

Diverse

WE WELCOME DIFFERENT PERSPECTIVES



Visit Us Online

Formed in 2019 by the merger of Silver Springs – Martin Luther School and theVillage, Gemma represents more than 300 years of accompanying people as they face life's challenges so they know they matter. Today, Gemma provides adoption and permanency services, foster family care, mental health programs, a special education school (Martin Luther School), and prevention programs for thousands of individuals each year.

Gemma is always looking for mission-minded individuals to join our team. Gemma is committed to equal employment opportunities. Please visit our website or contact hr@gemmaservices.org to learn more.

PHILADELPHIA — MT. AIRY

Outpatient Behavioral Health Services

7301 Germantown Ave

Philadelphia, PA 19119

Reception: (215) 247-1427

Outpatient Intake & Referral: (215) 730-2326

PHILADELPHIA — SOUTHWEST

Outpatient Behavioral Health Services

Preheim Center

6517 Chester Ave.

Philadelphia, PA 19142

Reception: (215) 730-2240

Outpatient Intake & Referral: (215) 730-2326

